

CHERRYBROOK SENIOR ATHLETICS NEWSLETTER

27th SEPTEMBER 2017

2017/2018 REGISTRATIONS DUE

2017/18 Registrations are now due.

Senior registrations are available online only. Go to the Cherrybrook website for details.

Cherrybrook Little Athletes wishing to be dual members with Seniors must register through Little Athletics (Senior Registration is free for these members). A fee is charged for Senior Registration for Little Athletes from other clubs.

With the season's first Athletics NSW events having now commenced, **athletes are encouraged to register as soon as possible**. We will be **using the 2017/18 distribution list** for the next newsletter so if you want to keep receiving it **you need to renew your membership!**

The timing tags members received from Athletics NSW as part of their registration last year need to be returned to the Club. These can be returned to the box labelled "timing tags" at the club house at the next club night or returned to Karin Webb. Thank you to all those members who have already returned tags.

CONGRATULATIONS

CONGRATULATIONS to the five Cherrybrook athletes who competed at the Bankstown Allcomers last Saturday. It was good to see some of athletes literally so fast out of the blocks! **CONGRATULATIONS** to **Joel Davidson** who soared to a new **Cherrybrook Best** in the U20 **Pole Vault**.

CONGRATULATIONS to those athletes who competed so well at **CAS and CIS Secondary Schools**. Particular **Congratulations** to **Holly Saunders** and **Donovan Bradshaw** for being named **CIS Athletes of the Meet**. **Donovan** broke the **CIS records** for the **100m & Long Jump** for his age group and the **Long Jump** was also a new **Cherrybrook Best**.

CONGRATULATIONS to **Lauren Clark** who set a new **Cherrybrook Best** in the U18 4kg Hammer record at Faulconbridge.

CORRECTION

In the last Newsletter we congratulated **Elizabeth Jones** on being appointed as a **Field Judge** for the Commonwealth Games on the Gold Coast next April and incorrectly described her as being Cherrybrook's first international official. Incredibly for a club of our age and size, she is actually our third!

Janet Nixon has previously been a photo finish official, whilst Life Member **Alexandra Pearce** officiated at the 2009 World Masters. **Alexandra** has also been selected as a team leader volunteer for the Commonwealth Games next year. **Congratulations**. I wonder if any of our male members will be inspired by these ladies to become our first male international official.

FRIDAY NIGHT CLUB COMPETITION

Cherrybrook Little Athletics competition night is on every Friday.

UPCOMING EVENTS

The **NSW All Schools Multi's** will be held at the Sydney Olympic Park Athletic Centre from 30th **September to 1st October 2017**. Entries close **9am Thursday 28th September 2017**.

Each day will also feature a NSW All Schools Warm Up Meet aimed at secondary school students competing at the 2XU NSW All Schools Track & Field Championships from 12th - 15th October 2017
<http://nswathletics.org.au/Events/Calendar/nsw-all-schools-warm-up-all-schools-multis-all-comers>

The first round of the **Treloar Shield** will be held on **Saturday 7 October** at a venue yet to be announced. Details, when available will be found on:

<http://nswathletics.org.au/Events/Calendar/treloar-shield-rd-1>

It would be fabulous to see a large Cherrybrook turnout to ensure the club gets off to a great start in this competition.

NSW 2017/18 SUMMER SEASON CALENDAR

The calendar can be accessed from:

<http://www.nswathletics.org.au/Portals/18/Competition/2017/2017.18%20ATHLETICS%20NSW%20CALENDAR%20V3.pdf>

ATHLETICS AUSTRALIA 2017/18 SUMMER SEASON CALENDAR

Athletics Australia has released the calendar for the 2017/18 summer season.

The calendar can be accessed from:

<http://athletics.com.au/News/gold-coast-and-sydney-to-welcome-australias-best-for-championships-of-2018>

WORLD U20 SELECTION POLICY

Athletics Australia has released the selection policy for the 2018 **IAAF World U20 Championships** to be held in Tampere, Finland from 10-15 July 2018. Selection is open to athletes born in 1999, 2000 or 2001. The selection policy can be accessed from:

http://athletics.com.au/Portals/56/High%20Performance/Documents/WU20/2018%20IAAF%20World%20U20%20Championships%20-%20Published%2014_9_17.pdf

YOUTH OLYMPIC GAMES

The **2018 Youth Olympic Games** will be held in Buenos Aires, Argentina from 6-18 October 2018. The Youth Olympic Games is an under 18 event, athletes born in 2001 & 2002 will be eligible for nomination. The selection policy will be released in late 2017. More details, including a list of the events, are available from:

<http://athletics.com.au/High-Performance/Able-Bodied/Team-Information/Youth-Olympic-Games>

AGM & PRESENTATION DAY TROPHIES & AWARDS

If you won a trophy or an award at the Club's Annual Presentation night but were absent on the night, please contact Nicky Jenneke to arrange a time to collect it.

CHERRYBROOK RECORDS

If you think you have broken a Cherrybrook record during the season please provide details to Robert Clark at robclark307@gmail.com. Records at the start of the season are set out in the 2016-2017 Red Book and on the Club website under Centre Records

<http://www.cherrybrookathletics.org.au/20162017%20Stuff/PDFs/SENIOR%20CURRENT%20RECORDS%20update%201.6.17.pdf>

COMPETITION PHOTOS

To view images taken at any Athletics NSW event <http://pic2go.com.au/nswathletics/> and enter your 2016/17 registration number and then ANSW photos from this season will automatically be posted to your page.

ATHLETICS AUSTRALIA COACHING COURSES

Athletics Australia is the accrediting body for all athletics coaches in Australia and is the only athletics body with courses approved by the Australian Sports Commission National Coaching Accreditation Scheme (NCAS). This accreditation brings with it accountability to be up to date with current best practice as well as ensuring our courses are engaging and in line with the best adult education principles.

Upcoming Coaches Courses

Level 1 Recreational Running Leader	Saturday October 7	SOPAC
Level 2 Intermediate Recreational Running	Sunday October 8	SOPAC
Level 1 Community Athletics	Sunday October 8	Bankstown
Level 2 Intermediate Club Coach	Sunday October 22 & 29	SOPAC & Bankstown
Level 2 Advanced, Part B: Sprints, Hurdles, Relays	Sunday October 29	The Scots College
Level 2 Advanced: Throws	Sunday October 29	The Scots College

Full details of the coaching courses are available under the following link:

<http://www.nswathletics.org.au/Coaching/Coaching-Education2/Athletics-NEW>

AUSTRALIAN STATE AND TERRITORY BODIES

For a full listing of contact details for any Australian State or territory athletics body visit <http://athletics.com.au/About-Us/Member-Associations>

This could come in handy if looking for competition in other parts of Australia.

CLASSIFICATION OPPORTUNITIES FOR MULTI-CLASS ATHLETES

Listed below are the NSW Classification opportunities for a Physical Impairment, if you wish to obtain a Hearing Impairment, Intellectual Impairment, Visual Impairment or Transplant Impairment Classification please visit the [Para-athletics](#) section on the Athletics Australia website.

<u>Classification Opportunities</u>	<u>Event</u>	<u>Entries Open</u>	<u>Entries Close</u>
12-14 October	NSW All Schools Championships (Homebush, NSW)	28/08/2017	29/09/2017

For more details please visit:

<http://www.athletics.com.au/Participate/Multi-Class-Athletics/Classification-Calendar>

IPC SANCTIONED MEET CALENDAR

To view the latest 2017 IPC sanctioned meet calendar for para athletes looking to qualify for international competition please visit

http://www.athletics.com.au/LinkClick.aspx?fileticket=U-c7H6CF_X4%3d&portalid=56

Para Athletes please note that you are welcome to compete at all NSW Athletics events throughout the summer season and that qualifying for the Australian Nationals can be achieved at any Allcomers or Treloar Shield event.

IMPORTANT REQUEST FOR PB's

In an effort to ensure our Athlete results data base is as up to date as possible, please send any corrections or updates to Robert Clark at robclark307@gmail.com ASAP. Dual athletes please ensure you include any PB's you may have achieved at Little Athletics competitions

ALL ATHLETICS RESULTS

"All-Athletics.com" is the world's most comprehensive online data base showing athlete statistics including PB's, when they were performed, wind readings, rankings etc. Chances are you are on it. Just visit www.all-athletics.com click on Athlete Search at the top of the page and enter your name.

RESULTS

Only results from Cherrybrook Club competition and State permit meets eg Allcomers, Treloar Shield events and State/National events will be reported by the club. If you compete at other meets please send your results, along with proof of performance to Robert Clark at robclark307@gmail.com .
Please notify Robert if your results are missing, incorrect or a PB performance has been missed.

Bankstown Allcomers 23 September 2017

ATHLETE	AGE	EVENT	RESULT	PLACE	Detail
Daisy Bryant	20	100m	13.19s	17th	
		200m	27.89s	18th	
Ryan Jones	16	100m	12.85s	28th	
		400m	56.43s	10th	
		Triple Jump	10.76m	2nd	
		Javelin 700g	33.12m	3rd	
Evan Clothier	23	100m	10.73s	2nd	
		400m	48.64s	1st	
Bayden Little	14	Javelin 700g	32.40m	4th	
Joel Davidson	18	Pole Vault	3.20m	6th	PB CB

CIS Secondary Schools Homebush 27 September 2017

ATHLETE	AGE	EVENT	RESULT	PLACE	Detail
Holly Saunders	U16	100m	17.69s	1st	PB
		200m	39.28s	1st	
		Long jump	2.66m	1st	PB=
		Shot Put	6.04m	1st	
		Discus	15.42m	1st	PB
Donovan Bradshaw	13	100m	11.79s	1st	PB CISR
		200m	24.01s	1st	
		Long Jump	6.33s	1st	PB CB CISR
		Shot Put 3kg	12.15m	7th	PB

AMA Throws Pentathlon Faulconbridge 18 September 2017

ATHLETE	AGE	EVENT	RESULT	PLACE	Detail
Robert Clark	55-59	Hammer 6kg	39.63m		PB CB
		Shot Put 6kg	9.37m		
		Discus	26.47m		
		Javelin 700g	30.82m		
		Weight Throw 9.08kg	13.44m		
		Throws Pentathlon	2,964pts		PB CB
Lauren Clark	U20	Hammer 4kg	45.34m		PB CB
		Shot Put 4kg	9.99m		
		Discus	34.24m		
		Javelin 600g	16.59m		
		Weight Throw 9.08kg	12.32m		
		Throws Pentathlon	2,762pts		

PB = Personal Best SB = Season Best SR = State Record

CB = Club Best performance (better than the current Club record) records are only validated at the end of the season.